

CLAIMS

1. A food product based on fish products, characterized in that it includes at least one fish product on a supporting dish comprising starches and/or vegetables, said  
5 food product being packaged in a modified atmosphere, ready for use.
2. The food product according to claim 1, characterized in that it includes at least one fish product on a supporting dish comprising starches and vegetables.
- 10 3. The food product according to claim 1, characterized in that it comprises a packaging in a modified atmosphere consisting of a binary or tertiary mixture of gases selected from oxygen, nitrogen and carbon dioxide.
4. The food product according to claim 3, characterized  
15 in that the modified atmosphere consists of a mixture of gases consisting of nitrogen and carbon dioxide.
5. The food product according to claim 3, characterized in that the concentration of CO<sub>2</sub> is equal to or greater than 30%.
- 20 6. The food product according to claim 3, characterized in that the concentration of CO<sub>2</sub> is equal to or greater than 40%.
7. The food product according to claim 3, characterized in that the modified atmosphere consists of CO<sub>2</sub> (40%) and  
25 nitrogen (60%).

8. The food product according to claim 1, characterized in that it comprises at least one fish product prevalently selected from fish products of the Mediterranean Sea, in particular prawns, tuna fish, angler fish, salmon, sword-fish, sardines, sea bass, gilthead bream, scorpion fish, "gallinella", clams, mackerel, anchovies, octopus, squid, cuttlefish.

9. The food product according to claim 1, characterized in that the starches are cereals, in particular wheat, rice and barley.

10. The food product according to claim 1, characterized in that the starches are selected from durum wheat bran dough, such as for example spaghetti, rice-shaped pasta, etc. and Italian-type rice such as Carnaroli rice.

11. The food product according to claim 1, characterized in that it includes a supporting dish comprising vegetables which can be selected from greens, aubergines, salads.

12. The food product according to claim 1, characterized in that it comprises the presence of simple or complex condiments, vegetables, preparations based on vegetables.

13. The food product according to claim 12, characterized in that the simple condiments are selected from oil, lemon and/or soya bean, oil and lemon emulsion, soy sauce in extra virgin olive oil.

14. The food product according to claim 12, characterized in that the complex condiments are selected from olive sauce, aubergine ratatouille, pesto with toasted pine kernels.

5 15. The food product according to claim 1, characterized in that it comprises other ingredients such as salt, pepper, vinegar, basil, sugar, black olives, hot pepper, capers, pine kernels, fruit such as raisins and oranges, Parmesan cheese, bread-crumbs, parsley, garlic.

10 16. The food product according to claim 12, characterized in that the vegetables are selected from lettuce leaves or any other type of salad, tomatoes, carrots, vegetable marrows, leeks, greens, onions, celery.

15 17. The food product according to claim 1, characterized in that the product packaged in a modified atmosphere is preserved until use at a temperature (T) lower than 4-5°C.

18. A procedure for the preparation of the food product based on fish products according to any of the previous  
20 claims, characterized in that it comprises the following steps:

- a) optional cooking treatment of the fish product;
- b) mixing the fish product treated with other possible ingredients;
- 25 c) cooking treatment of the supporting dish;

d) positioning of the product obtained under step b) onto the supporting dish treated in the previous step;

5 e) insertion of the end-product in a wrapping and packaging of the end-product in a modified atmosphere;

f) positioning of the packaged product in a structure which comprises at least one housing.

19. The procedure according to claim 18, characterized in that the cooking treatment of the fish product is selected from boiling, scalding, flash-frying, steaming  
10 and/or marinading.

20. The procedure according to claim 18, characterized in that the cooking treatment of the supporting dish is a boiling treatment.

15 21. The procedure according to claim 18, characterized in that the product is subjected to further treatment before and/or after the packaging step e) in a modified atmosphere, treatment such as irradiation and/or immersion of the product in solutions of K sorbate, lactic acid,  
20 polyphosphates, sodium chloride, also variably mixed with each other.

22. The procedure according to claim 18, characterized in that the structure comprises at least two housings.

23. The procedure according to claim 18, characterized  
25 in that each housing contains a food product based on

fish products, including at least one fish product on a supporting dish comprising starches and/or vegetables, having the same composition, packaged singly in a modified atmosphere.

5 24. The procedure according to claim 18, characterized in that each housing contains a food product based on fish products, including at least one fish product on a supporting dish comprising starches and/or vegetables, having a different composition, packaged singly in a  
10 modified atmosphere.

25. The procedure according to claim 18, characterized in that the structure comprises further different housings.

26. The procedure according to claim 25, characterized  
15 in that condiments packaged separately such as sachets containing condiments, such as oil and lemon emulsion, soy sauce in extra virgin olive oil, and/or the necessary material for use, such as paper napkins and disposable cutlery, packaged separately, are inserted in the further  
20 different housings included in the structure.